I'm human

Inside the teenage brain worksheet

When it comes to communication between parents and teens, a common challenge is the feeling of being on different wavelengths. Both parties can experience similar emotions without fully expressing their feelings to each other. To bridge this gap, completing a worksheet together can serve as an initial step towards better understanding. The worksheet aims to facilitate improved communication by asking both parties to share their thoughts and feelings. It includes words that describe typical conversations or how one feels when talking with the other. These words range from positive emotions like "exciting," "sincere," and "uplifting" to negative ones such as "frustrating," "angry," and "disappointing." The questions in the worksheet delve deeper into the dynamics of their conversations, including: - How often they feel they're having the same conversation - Whether they can predict where each conversation will go - What topics they typically discuss - The outcome of their last meaningful conversation It also invites them to share what they appreciate and dislike about their conversations. Notably, it addresses the possibility of avoiding certain discussions due to apprehensions or discomfort. To foster a more constructive dialogue, it's suggested that both parties listen attentively with an open mind and refrain from interrupting or criticizing each other. This approach can serve as a starting point for improving communication and understanding between parents and teens. at what you discover with others. Everyone shares blame when communication isn't working well. Try seeing things from your parent or teenager's point of view for a day to understand them better. Many parents think their kids don't get it because they're not trying hard enough, but really they just need to be understood.